



Build Skills ● Earn Money ● Level Up



Step Up helps you discover your interests, gain real-world experience, and meet professionals who can help you level up. Whether you're exploring or ready for a new challenge Step Up has your back.



Get Paid While You Learn!

- Step Up Foundations interns (age 14-21) earn at least \$14.00 per hour
- Step Up Pro interns (age 16-21) earn at least \$16.50 per hour

To participate you must:

- Live in the City of Minneapolis
- Be 14-21 years old by June 1, 2026
- Be eligible to work in the U.S. by June 1, 2026
- Not be currently enrolled in college (PSEO is okay)
- Meet other eligibility requirements

The Step Up Process

1

Apply online at StepUpMpls.org



Deadline is Sunday, March 1, 2026.

Check your email regularly for updates.

2

Complete required next steps.



3

Start your Step Up paid summer experience.



Step Up will work to match you with an internship based on your interests, skills and availability. If you are not matched to an internship, you will be invited to participate in the paid online Career Exploration Program.